

How to Include Flax Seed in Your Diet

- Try mixing flaxseed in your next batch of baked goods like muffins, cakes and breads
- Sprinkle flaxseed on your yogurt, cereal, oatmeal or salad
- Mix flaxseed into your favorite smoothie
- Create a crumb topping with toasted flaxseed for baked fish
- Try using flax as an egg substitute - flax seeds mixed with warm water can be a cholesterol free, vegan egg substitute in baking
- How about a flaxseed pie crust? (From Univ of Tennessee Medical Center)

Crust:

1/3 c. ground flaxseed

1/2 c. ground pecans

1/2 c. graham cracker crumbs

2 T. trans-free margarine or light butter

Crust - Grind flaxseed to cornmeal consistency.

Separately grind pecans to cornmeal consistency and begin to feel moist. Combine flaxseed, pecans, graham cracker crumbs.

Melt margarine and pour over mixture.

Press into 13x9 dish. Bake in 350 degree oven for 10-12 minutes or lightly browned.

Cool before adding filling.

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